

HMRRC

2005 - 2006

WINTER SERIES RACES

RACE: #4 – JANUARY 29, 2006

DISTANCES: 3 MILE, 15K & 30K

LOCATION: PHYSICAL EDUCATION BUILDING
STATE UNIVERSITY – ALBANY, NY

COURSE: ROADWAYS ON UNIVERSITY &
STATE OFFICE CAMPUSES

REGISTRATION: DAY OF RACE ONLY – 9:00 AM

HMRRC MEMBERS: Free
GUESTS: \$6.00

START: 10:00 AM

AWARDS: TOKEN PRIZES TO OVERALL WINNERS AND
AGE GROUPS

REFRESHMENTS: FRUIT, COOKIES, & HOT BEVERAGES

RACE DIRECTOR: JOSH MERLIS
(josh@albanyrunningexchange.org)

ADDITIONAL INFO: http://www.albanyrunningexchange.org/hmrrc/ws/ws_4/index.htm